

Whole Grains: Don't Throw the Nutritious Parts Out!

Whole grains are one of the “buzz” words recently. That’s because whole grains contain additional nutrients not found in white breads or even some high fiber breads.

What is the benefit of whole grains? Whole grains have additional natural antioxidants and plant extracts called phytonutrients that help prevent aging and chronic disease. They also have more vitamins, minerals, fiber and plant sterols, which help lower bad cholesterol. These natural healthy components of bread are stripped away with non-whole grain breads.

What is a whole grain? A whole grain product is one that includes all parts of the grain seed: the germ (the actual seed that grows into a plant), endosperm (contains nutrients for the plant to grow), and bran (the shell to protect the germ). If a product takes out any of these parts, then it is not a whole grain.

Will the whole grain please stand up? Multi-grain, pumpernickel, cracked wheat, 100% wheat bread, stone ground, bran/high fiber, and organic do NOT mean whole grain. These descriptions refer to processing techniques, the growing process, or if the bread is made of one or more different types of grain. It does NOT tell you if the product has all three parts of the grain seed.

How do I find whole grain & get my money’s worth?! Look for products that say “*whole grain.*” They do not have to be expensive. Meijer has a 20oz whole grain white bread for only \$1.39.

I like white bread... Whole grain white bread is a whole grain and tastes like the familiar white, soft “bubblegum” bread. Most white bread is made by stripping away the healthy high fiber bran part. Whole grain white is made with a special white grain so the bran can be kept in the product.

Popcorn is whole grain... The whole corn kernel gets popped & eaten, so this is a fun, whole grain snack!